

# your health

June 2010



## Preventing Skin Cancer

**Wearing sunscreen is the first step in protecting your skin from sun damage.**

Ultraviolet radiation damage to the skin is cumulative, so a lifetime of consistent skin-protection practices is the most important weapon in the battle to reduce skin cancer rates. Yet only 53 percent of adults surveyed by the American Academy of Dermatology used sunscreen, 54 percent sought shade, 27 percent wore hats, and only 8 percent wore shirts on sunny days to shield their skin from the sun.

Three-fourths of adults surveyed reported that their children (ages 12 and younger) used some form of sun protection. An American Cancer Society survey found that only one-third of teenagers tried to protect their skin by wearing a wide-brimmed hat, sunscreen, long-sleeved shirt or pants.

## The keys to skin cancer prevention

Here are five simple ways to help reduce your risk of skin cancer:

1. Use a broad spectrum sunscreen with a sun-protection factor (SPF) of 15 or greater. Reapply sunscreen liberally every two hours or after swimming or perspiring.
2. Avoid direct sunlight exposure between 10 a.m. and 4 p.m.; if your shadow is shorter than you are, the damaging rays of the sun are at their strongest and you're likely to sunburn.
3. Wear a wide-brimmed hat when you're outdoors.
4. Wear sunglasses and sun-protective clothing when you are in the sunshine for prolonged periods.
5. Avoid tanning salons.

© MyOptumHealth.com

---

## Keep it Cool When Eating Outdoors

By Diane Griffith, HealthAtoZ writer

You're planning a picnic on one of the hottest days of summer. How can you make sure your food stays fresh? Dangerous bacteria can spread quickly and cause illness, so the way you pack your food can mean the difference between a fun day in the sun and food poisoning.

Try these tips for packing your cooler:

- **Keep it full:** Pack your cooler to capacity with ice and chilled food. It will stay cool longer than a partially filled cooler.
- **Ice it:** Fill your cooler with ice or freezer packs. Pack the ice in plastic bags to keep it from melting onto your food.
- **Avoid cross-contamination:** Place raw meat, poultry and fish in tightly sealed plastic containers or plastic bags. Their raw juices could contaminate other foods in your cooler.
- **Consider two coolers:** Placing meat and fish in one cooler and ready-to-eat foods and beverages in

another will help prevent cross-contamination. They will also be easier to carry.

- **Pack your cooler carefully:** Make sure food is cold or frozen before packing it. Place perishable foods right next to ice. Pack foods in the reverse order of how they'll be used. The last foods you put in the cooler should be the first ones you'll use. Keep the cooler lid closed.
- **Keep it cool:** When traveling, place the cooler on the floor on the passenger's side of the car. Don't put a cooler in a hot trunk. Once at your picnic, keep your cooler in a shaded location and cover it with a light-colored blanket. Don't place it in direct sunlight or leave it in the car.
- **Check the temperature:** Keep a thermometer in your cooler and make sure the temperature is at or below 40 degrees F. Anything higher is in the danger zone, so keep replenishing the ice to avoid any rises in temperature.
- **Don't let your food sit out too long:** Don't let foods (hot or cold) sit out for more than two hours. For temperatures above 85 degrees F, make that one hour. Put perishables into the cooler as soon as you've finished eating. Remember - when in doubt, throw it out.

© HealthAtoZ.com

# Are you ready for a change?

**Sometimes, the most important step is your first.**

Take your first step towards a healthier life by taking a free, personalized health assessment at [myuhc.com](http://myuhc.com)®. By taking the online health assessment, you can identify your personal health needs, learn healthy habits and compare your "lifestyle score" to others of the same age and gender.

The assessment takes approximately 15 minutes to complete and you will be provided with immediate feedback on the current state of your health. In addition, your responses are used to help create a personalized online experience specifically for you.

Plus, you'll have access to several health improvement resources and interactive tools, such as quizzes, exercise programs, planned meals, and action steps to help you achieve your personal health goals.

Based upon your score, an interactive online Health Coach may recommend up to three health improvement programs to help you achieve your personal health goals, such as:

- Nutrition
- Exercise
- Smoking Cessation
- Diabetes Lifestyle
- Heart Health Lifestyle
- Weight Loss
- Stress Management

**To get started, visit [myuhc.com](http://myuhc.com) and once you are logged in on the home page click on "Health Assessment."**

If you haven't yet registered with [myuhc.com](http://myuhc.com), click "Register Now." It's quick and easy!

---

## Do You Know all the Great Ways to Save with UnitedHealthcare?

Visit the Web page Many Great Ways to Save with UnitedHealthcare, <http://www.uhc.com/save>, and learn how you can save time and money with UnitedHealthcare medical plans.

The Web page provides links to videos and resources and highlights many of the great tools and information you can find at [myuhc.com](http://myuhc.com)®. The Web page also offers useful information and advice to help you better manage your health care and maximize your benefits.

With the right health care information and tools, you are likely to spend less, stay healthier and enjoy life to its fullest.

Experience first hand some of these features on the Many Great Ways to Save with UnitedHealthcare Web page and start planning for your health, for your family and for your future.

**your health**



Articles on health and wellness, as well as those on UnitedHealthcare programs and services, are provided by and copyrighted by UnitedHealthcare. They may not be altered or reprinted without permission. All other information is provided by your employer.